

# YMCA CAMP U-NAH-LI-YA

## “CHALLENGE BY CHOICE” AGREEMENT

We want to ensure that your experience is as enjoyable and productive as possible. To do that, we invite you to make smart and sound decisions about your physical participation in the activity of Rock Climbing or High Ropes. Your facilitator will explain the key aspects of a principle we call “Challenge by Choice”. Challenge by Choice means that you decide how you want to physically participate in the activity. To assure that we agree on all details, we ask that you (Parent and Participant) initial each statement below, and sign your name on the bottom. If you have any questions or concerns, please see your Camp U-Nah-Li-Ya Facilitator.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) All components of today’s programs are designed to be inclusive – no special strength or agility is required and various degrees of physical participation are possible.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) While the facilitators are trained, skilled, and experienced, they cannot guarantee participants total safety since some risks are beyond their control.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) All activities are offered on a “Challenge by Choice” basis. Each individual can and should determine how s/he will participate in an activity.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) Each participant should take personal health and fitness issues into consideration when determining if and how to physically participate in an activity.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) Participants should fully comprehend the risks and responsibilities of participating in each activity. They are encouraged to share in responsibility, and are invited to ask questions or seek clarification of health and safety issues at any point throughout the experience.

\_\_\_\_\_/\_\_\_\_\_  
(Parent/Participant) Participants have the option of halting or modifying their physical participation in an activity at any given time for any reason. Facilitators will monitor and discourage aversive peer pressure.

I agree I will be participating on a “Challenge by Choice” basis as outlined in the statements above.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I agree that my son/daughter participation will be on a “Challenge by Choice” basis as outlined in the statements above.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_